



# COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone 781-275-6825 E-mail: [coa@bedfordma.gov](mailto:coa@bedfordma.gov)

Website: <http://www.bedfordma.gov> to follow link to COA

Director: Lori Wittner

COA Elder Services Coordinator: Wendy Aronson

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Saturday Activities Coordinator: Vicky Umanita • COA Board Chair : Roberta Ennis

## REMINDER: Special Town Meeting Tuesday November 4, 7:00 PM



### Annual Police & Fire Cookout

Come enjoy a fall cookout sponsored by our friends from Bedford Police and Fire on **Saturday November 2** at 12:30 pm at the Council on Aging. There is no charge for this event, but space is limited, so **please sign up** by calling the COA at 781-275-6825.

## Estate Planning Mistakes: What Can You Do?

People have a lot of misconceptions about what they can and cannot do when it comes to estate planning, making gifts, and planning for long-term care. In this talk on **Monday November 4** at 1:00 PM, Attorney Eric Prichard from Brown & Brown, P.C. will discuss common mistakes seniors make when planning and how to fix them if they've happened to you. All are welcome!

## Extreme Couponing with Elizabeth Lahens Sunday November 17th, 11:00 AM - 1:00 PM

Tired of spending so much money on groceries? Learn how to save from Elizabeth Lahens, a couponing master! Extreme couponing isn't as crazy as it may sound! You don't have to let coupons dominate your life or be embarrassed at the cash register.

You just need the right strategies to use coupons in conjunction with store sales and promotions and then enjoy the satisfaction of getting items for free or close to it. It's all about timing. This course will break down the couponing process into manageable and easy-to-follow steps to get you on your way to saving at least 50% on your grocery bill. **Please consider bringing one non-perishable food item to be donated.**

*Elizabeth has taught extreme couponing skills at over 30 community education programs, as well as to groups of educators, schools, PTOs, mothers' groups, non-profit organizations, churches, military organizations, food pantries and more!*



## The Giving Hands Program

It's that time of year again and the COA needs your help. Please consider donating a gift card to our Giving Hands program. Grocery and Pharmacy gift cards are most helpful to those in need.

## ANNUAL THANKSGIVING DINNER AT THE AMERICAN LEGION

The American Legion is holding a Thanksgiving Dinner for Bedford Seniors on **Sunday November 24** at the Legion Hall on Great Road. The doors will **open at 1:00 PM** with **dinner being served at 2:00 PM**. If you are planning to attend, please sign up at the COA or by calling 781-275-6825 by **Wednesday November 20**. This dinner is catered and they will need an accurate count. A \$5 per person deposit is required to ensure your spot, but will be returned to you at the dinner.

## Contents

Trips/Ongoing Activities.....	2
Just for Fun/Bedford Café.....	3
Calendar.....	4/7
For Your Health.....	5
Need to Know.....	6
FBCOA.....	10

## Trips! Trips! Trips!

Our Trips Coordinator, Lenore Dichard will escort you on the following adventures:



### New Year's Eve At Noon

Make your New Year's Eve celebration unforgettable with a cruise on the Odyssey. Ring

in the New Year with a delicious 3-course lunch on Boston Harbor, fun party favors, and a champagne toast at noon. A Disc Jockey will entertain you while you enjoy impeccable service and stunning skyline views. Your coach bus will depart from Bedford at 9:30 AM on **Tuesday December 31** and will return at approximately 3 PM. The cost of this trip is \$70 due upon sign up. Advanced sign up is necessary in order to reserve enough spaces.

### *Impressionists on the Water*

On **Friday December 6** we will visit the Peabody Essex Museum where we will see nearly 60 oil paintings, works on paper, models and small crafts—all illuminating the importance that access to the sea and France's extensive inland waterways played in the development of one of the world's most robust artistic movements. Following the tour we will enjoy lunch at the elegant Hawthorne Hotel. Meal choices include Baked New England Scrod with Lemon Butter or Charbroiled Chicken with grilled onions and apple corn relish. The cost of the trip is \$70 due upon sign up which begins on November 5. We will depart at 10 AM and return at about 4 PM.

All Bedford COA day trips will depart from the Town Hall parking lot in front of the police station unless otherwise noted.

## And Don't Forget These Ongoing Activities...

### Have Some Fun!

#### **Monday Morning Quarterback Club**

Come talk sports each Monday at 10:00. Baseball, basketball, and hockey fans also welcome!

**Bingo!** No BINGO this month due to Veteran's Day Holiday.

**Game Time!** Play your favorite games each Monday at 10AM. Bring your friends for a game of Scrabble, Chess, Cribbage and more!

**Dominos!** Join us on November 25 at 10AM whether you are a seasoned player or haven't played since you were a kid!

**Sing with the Songbirds!** Wednesdays at 10:30 AM! All are welcome to join this fun and spirited group!

**Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1 PM to play!

**Play Texas Hold 'Em Poker!** Stop by Monday afternoons at 1 PM for poker!

**Handcraft Group** Come down each Monday at 3 PM to do your own handcraft projects and chat! New members always welcome!

**Play Mah Jongg!** Stop by Wednesdays at 11:00 AM! Lessons available! All are welcome!

**Play Duplicate Bridge!** Every Tuesday and Thursday November 14 at 11 AM.

### **Fitness and Fun For You!**

**Line Dancing with Katrina** Come line dance each Friday at 1 PM. The class costs \$2.

*\*We will be closed the day after Thanksgiving.\**

### Get Information and Advice

**Talk to Your State Representative** Call the COA to find out when Ken Gordon will be here in November to talk with you about state issues.

**Need Legal Information?** Retired lawyer Peter Robinson is available to talk with Bedford seniors to answer simple questions on wills, estates, etc. To arrange a meeting, contact the COA.

**Federal Retiree Benefits** If you or your spouse is a federal retiree, Rosemary Dyer will be available to answer questions about your benefits. Please call the COA to arrange a meeting.

**Coffee Hour** Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00.

**Single Again** Are you finding yourself single again as an adult 55 and older? Please join us every Tuesday evening at 7:30 for an informal discussion group.

### Share Your Interests

**Current Events** Come each Thursday at 1 PM to talk about national, international, and local issues, or anything else.

**The Genealogy Group** meets to share information about exploring their family trees. Join them on Wednesday November 13 at 10:00 AM.

**The Nom de Plume Writers Group** meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are welcome.

**Bedford-Lexington Great Books** 11/12: Euripides *Iphigenia at Aulis* from *Ten Plays by Euripides* trans. M. Hades & J. McLean.

## Minuteman Senior Services Bedford Café!

### Sign Up at the Bedford Cafe!

A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 on Mondays, Wednesdays, and Fridays. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

### Volunteers Needed!

We are seeking volunteers to help serve lunch on Mondays, Wednesdays, and Fridays. Meals on Wheels drivers are also needed. For more information on helping at the Bedford Café, please call Lisa at 781-275-8542. To volunteer as a driver, please call Liz Rowe 781-221-7023.

### ✿ JUST FOR FUN ✿



**Classic Movie: "Holiday"**  
**Wednesday November 20th, 1:00 PM**  
**Cary Grant and Katharine Hepburn**  
**star in this 1938 classic**

### Library Book Discussion Tuesday December 3 at 1:00 PM

Library Director, Richard Callaghan will be leading a discussion on *Caveat Emptor: the secret life of an American art forger* by Ken Perenyi. "Glamorous stories of art-world scandal have always captured the public imagination. However, not since Clifford Irving's 1969 bestselling *Fake* has there been a story at all like this one. *Caveat Emptor* is unique in that it is the first and only book by and about America's first and only great art forger. And unlike other forgers, Perenyi produced no paper trail, no fake provenance whatsoever; he let the paintings speak for themselves. And that they did, routinely mesmerizing the experts in mere seconds."

### Explore Your Creative Side

Everything is an art. Creativity is exploration celebrating change and growth. The young and the older person have the time to be kids. Explore your "kidness" with Jim Boyd at the Bedford COA. Supplies will be provided. All you need to bring is yourself!

**\*Tuesday November 5, 7:00 PM**  
 come learn how to make dollhouse miniatures.

**\*Tuesday November 19, 7:00 PM**  
 learn how to make paper engineering models.

### Saturday Movies! Thanks to the FBCOA for our funding! All movies begin at 1:15 PM

**November 2** *Kings of Summer* (2013) R Chafing under his widowed father's control, Joe Toy invites a friend and an offbeat new kid to help him build his own house in the nearby woods. Now that the trio is finally free from parents and responsibility, what's next?

**November 9** *Unfinished Song* (2012) PG-13 With his wife Marion terminally ill, 72-year-old Arthur sees a future that's nothing but grim. But when he takes Marion's place in their church's very unconventional choir, he begins to find joy in life again.

**November 16** *Monsters University* (2013) G This prequel to Pixar's popular animated tale *Monsters Inc.* once again features eccentric monster pals Mike Wazowski and James P. Sullivan. Set during their college days, the film tells the strange and amusing tale of how the pair became friends.

**November 23** *Admission* (2013) PG-13 While scouting applicants at an experimental high school, Ivy League admissions officer Portia Nathan discovers that the school's founder is her former college classmate John Halsey -- and that she may have a connection to one of his students.

**November 30** *Flying Lessons* (2010) R Tired of the empty life she has built around endless partying and clubbing in Los Angeles, 25-year-old Sophie Conway leaves the city and goes home to reconnect with her roots and with her estranged mother. As Sophie picks up the threads of a life she abandoned, her friendship with an Alzheimer's patient gives her a fresh outlook on the future.



MONDAY

TUESDAY

WEDNESDAY

# NOVEMBER



9:00 Exercise 9:30 Yoga/ Meditation 10:00 Pilates/Games/ <b>Quarterback Club</b> 11:45 Lunch 1:00 Poker/ <b>Floor Yoga/Estate Planning Mistakes</b> 3:00 Handcrafts <b>7:00 Special Town Meeting</b>	<b>4</b>	9:00 Fix It Shop 9:30 Exercise 10:00 SHINE <b>10:30 Meet the Nurse</b> 11:00 Duplicate Bridge/Tap Dance 12:30 Osteofitness 1:00 Writing Group	<b>1:00 FBCOA</b> <b>1:30 Beginner Computer</b> 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour <b>7:00 Crafts</b> 7:30 Single Again	<b>5</b>	9:00 Exercise/Fix It Shop 10:00 Computer Club 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise <b>1:00 Understanding Your Options</b> 2:00 SHINE	<b>6</b>
<b>CLOSED</b> <b>VETERAN'S DAY</b>	<b>11</b>	9:00 Fix It Shop 9:30 Exercise 10:30 Hearing 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness <b>1:30 Beginner Computer</b>	2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour <b>7:00 Simply Your Home</b> 7:30 Single Again/ Great Books	<b>12</b>	<b>8:30 Fire Safety Breakfast</b> 9:00 Exercise/Fix It Shop 10:00 Genealogy 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ <b>Eye Care</b>	<b>13</b>
9:00 Exercise 9:30 Yoga/ Meditation 10:00 Pilates/ Games/ <b>Quarterback Club/Satin Wellness</b> 11:45 Lunch 1:00 Poker/ <b>Floor Yoga/Nurse's Hours</b> 3:00 Handcrafts	<b>18</b>	9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness 1:00 Writing Group <b>1:30 Beginner Computer</b>	2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour <b>6:30 Nova Scotia</b> <b>7:00 Crafts</b> 7:30 Single Again	<b>19</b>	9:00 Exercise/Fix It Shop 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise <b>1:00 Classic Movie</b> 2:00 SHINE	<b>20</b>
9:00 Exercise 9:30 Yoga/ Meditation 10:00 Pilates/ Games/ Dominos/ <b>Quarterback Club</b> 11:45 Lunch 1:00 Poker/ <b>Floor Yoga</b> 3:00 Handcrafts	<b>25</b>	9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness <b>1:30 Beginner Computer</b>	2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	<b>26</b>	9:00 Exercise/ Fix It Shop 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise	<b>27</b>



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**THURSDAY**

**FRIDAY**

**SATURDAY**

		9:00 Exercise 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	1	12:30 Police/Fire Cookout 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Kings of Summer</i>	2
9:30 <b>Floor Yoga</b> 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	7	9:00 Exercise 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness/ <b>Veterans</b> 1:00 Scrabble/ Line Dancing/ <b>Nurse's Hours</b>	8	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Unfinished Song</i>	9
9:30 <b>Floor Yoga</b> 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	14	8:00 <b>Podiatry</b> 9:00 Exercise 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	15	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Monster's University</i>	16
9:30 <b>Floor Yoga</b> 10:00 Exercise/ Hearing 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi <b>1:00 Memory Screenings</b> 2:00 Computer Drop-In	21	9:00 Exercise 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	22	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Admission</i>	23
<div>CLOSED</div> <div>28</div> <div></div> <div>CLOSED</div>			29	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Flying Lessons</i>  <b>The COA will be open!</b>	30

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## Friends of the Bedford Council on Aging Notes

**REMINDER: Monthly Meeting Is Now On the FIRST Tuesday of Each Month**  
**Next Meeting: Tuesday November 5, 1:00 pm in the Flint Room.**

### FIX IT SHOP NEWS

The Fix-It-Shop is open on Tuesdays and Wednesdays from 9:00 AM to 12:00 PM. All proceeds benefit the FBCOA. Whether you need a watch battery replaced or your vacuum cleaner needs repairing, the Fix It Shop volunteers can do just about any job!

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia [bsrpurchia@aol.com](mailto:bsrpurchia@aol.com) with FBCOA in the subject line.

### FBCOA Annual Membership Dues

2013—2014

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____
(Tax deductible contributions gratefully accepted)		
NAME	_____	
ADDRESS	_____	
TOWN/ZIP CODE	_____	
EMAIL:	_____	

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

**FBCOA 2014 Membership Dues by September 2013**

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